

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	8:15-8:45 am Moving Water		8:15-8:45 am Moving Water		
8:30-9:00 am Summit Striders	8:30-9:00 am Summit Striders	8:30-9:00 am Summit Striders	8:30-9:00 am Summit Striders	8:30-9:00 am Summit Striders	
9:00-9:45 am Splash Fitness	9:00-9:30 am Forever Young	9:00-9:45 am Splash Fitness	<b>LINE DANCING</b> 9:00-9:55 am 	9:00-9:45 am Splash Fitness	
9:30-10:00 am Energy		9:30-10:00 am Line Dancing Practice		9:30-10:00 am Energy	
10:00-10:45 am Lift and C.L.I.M.B.	10:00-10:30 am Strength & Balance II	10:00-10:45 am Lift and C.L.I.M.B.	10:00-10:30 am Strength & Balance II	10:00-10:45 am Lift and C.L.I.M.B.	
1:30-2:00 pm SHAPE Up	10:30-11:00 am Strength & Balance I	1:30-2:00 pm SHAPE Up	10:30-11:00 am Strength & Balance I	1:30-2:00 pm SHAPE Up	
2:00-2:45 pm PWR!Moves	11:00-11:45 am Men's Stretch				
2:00-2:30 pm WAVES	1:30-2:00 pm WAVES	2:00-3:00 pm Crafters' Circle	1:30-2:00 pm WAVES		
3:00-4:00 pm Jeopardy	3:00-3:45 pm Chair Volleyball				



### Crafters Circle

Come join us and make some fun items - open to all skill levels - if you want to learn a craft come on down if you know a craft come and share your skills and join us for some fun conversation.

## Wellness at The Retreat

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
10:00-10:30 am ROM	10:30-11:00 am Balance 101 in the Wellness Center	10:00-10:30 am ROM	10:30-11:00 am Balance 101 in the Wellness Center	10:00-10:30 am ROM	11:00-11:30 am Sway
10:30-11:00 am Move and Groove in Reflections	11:00-11:30 am FIT & FUN	10:30-11:00 am Move and Groove in Reflections	11:00-11:30 am FIT & FUN	10:30-11:00 am Move and Groove in Reflections	
11:00 am-11:30 pm Strength and Stretch	11:30 am-12:00 pm Walk and Talk	11:00 am-11:30 pm Strength and Stretch	11:30 am-12:00 pm Walk and Talk	11:00 am-11:30 pm Strength and Stretch	
2:00-2:30 pm PWR Moves	1:30 pm-2:00 pm WAVES		1:30 pm-2:00 pm WAVES		

## GOLF CART Decorating Days

### Monday, July 2nd Mimosa Monday

1-3pm

Come have a Mimosa and we will help you decorate your cart.



### Tuesday, July 3rd Taco and Tequila

Tuesday • 11am-3pm

Enjoy a taco and some margaritas while we help you decorate your golf cart.



### Wednesday, July 4th Red, White & Blue Festival

Golf Cart Parade beginning at 10:30am, live band begins at 11:30am. Prizes for the funniest, most creative, family friendly, Patriotic and Best Employee Cart!

## CLASS DESCRIPTIONS

**Do you want to get back into your workout schedule, need some improvement? Stop by the Wellness office and let us help you get your program started.**

**Chair Dance:** Move to the beat for this fun cardio workout.

**Chair Volleyball:** Like traditional Volleyball but one part of your body (bum) stays in the chair the entire time. Come have some fun with us!

**Energy:** A moderate cardiovascular class with strength-training moves.

**Forever Young:** We alternate working the heart and the muscles to keep you strong and moving.

**Jeopardy:** Trivia class based on the popular TV trivia show "Jeopardy!" - a great way to engage your mind and have a fun time!

**Lift and C.L.I.M.B.:** Work the upper and lower body for a great total body workout.

**Move and Groove:** This is a class for everyone, we will move all our joints within their range of motion these exercises are done to preserve flexibility and mobility of the joints.

**Moving Water:** A mild cardio class incorporating range of movement exercises, with strength and flexibility exercises.

**PWR!Moves:** A Parkinson's specific exercise program focusing on large fast functional movement.

**Scrabble:** A word game in which players score points by placing

tiles, each bearing a single letter, onto a game board. The tiles must form words which, in crossword fashion, flow left to right in rows or downwards in columns.

**SHAPE (Seniors Having Active and Purposeful Exercise) Up:** Strengthening lower body and upper body with a little cardio.

**Sit and Be Fit:** This class is a combination of upper and lower body functional exercises to improve ADLs (activities of daily living).

**Splash Fitness:** Cardio class designed to build endurance, incorporating strength and balance work.

**Strength and Balance:** This class focuses on improving your balance while strengthening the core and legs. (Level 1 - works on the basics of balance for those new to balance work.)

**Summit Striders:** A fun walking group and a great cardiovascular exercise.

**WAVES:** Our award winning aquatics class designed to soothe anxiety improve appetite and strengthen the bond between members and their caregivers.

**Yoga:** Presents an introduction to basic yoga poses. Focus will be on stretching and coordination to movement. Suitable for people new to yoga and adaptable to chair.

# IT IS NEVER TOO LATE

## Do You know that Movement Matters?

*Motion is Lotion.* As we age we do not develop as much synovial fluid in our joints (lubrication) and what little we have is not absorbed as well by the cartilage. To help minimize these joint changes, it is important to gradually increase activity and perform lower impact exercises. My experience has shown that even making minor changes in your daily activities results in improvements in your overall health.

Resistance training, which is simply working your muscles, is critical to a healthy lifestyle. As we age we naturally lose lean muscle mass. Inactive people lose as much as 10 percent every decade. If we do nothing to replace this lost muscle mass, then body fat will increase, which leaves your joint unprotected.

The GOOD NEWS is that you can make a change. Being more purposefully active is a simple change that will improve your posture, protect your joints, reduce your risk for falls, manage your weight. Regardless of your age, you can improve your health and strength.

We provide a wellness center for your health and wellbeing. Make an appointment with Libby, Cori or Carey Leigh and let us show you how you can start to regain strength. It is never too late!



### Exercise Benefits for Seniors

- Increase mental capacity
- Increase life expectancy
- Improve quality of life
- Increase balance
- Prevent disease
- Improve healing

**JULY 2018**  
**WELLNESS SCHEDULE**

  
**SUMMIT HILLS**